

## Salsa Verde

"This salsa verde makes a nice accompaniment to grilled fish, chicken and other lean meats, or use as a dip with baked tortillas or fresh-cut veggies."

### Ingredients:

- 1 pound tomatillos
- 1 small onion, roughly chopped
- 1/2 cup cilantro
- 1 jalapeno or Serrano pepper, chopped
- 1/2 tsp sugar



Preparation: Place tomatillos (paper skin removed, and quartered), onion, cilantro and pepper into a food processor or blender. Add sugar and lime juice. Chop or blend to desired consistency. Empty into a bowl and chill to let the flavors develop.

Makes about 3 cups

Per 1/4 cup serving: Calories 31, Calories from Fat 6, Total Fat 0.6g (sat 0.1g), Cholesterol 0mg, Sodium 3mg, Carbohydrate 5.6g, Fiber 1.5g, Protein 0.9g

<http://lowfatcooking.about.com/od/summer/r/salsaverde.htm>